

# DINNERLY



## August Snack Special! Pumpkin and Parmesan Muffins



45 minutes



2 Servings

Get your bake on (and beat your next snack attack!) with these wholesome savoury muffins. They're made with mashed pumpkin to keep them moist, flavoured with spices and parmesan, then topped with pepitas for toothsome crunch.

## WHAT WE SEND

- 100g unsalted butter <sup>7</sup>
- 400g kent pumpkin
- 50g parmesan <sup>7</sup>
- 5g country seasoning <sup>17</sup>
- 300g plain flour <sup>1</sup>
- 10g baking powder <sup>1</sup>
- 30g pepitas

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 tbs olive oil
- 2 tbs milk <sup>7</sup>
- 2 eggs <sup>3</sup>

## TOOLS

- fine grater
- 12-hole muffin pan
- 12 paper cases
- medium frypan with lid
- potato masher
- whisk
- wire rack

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

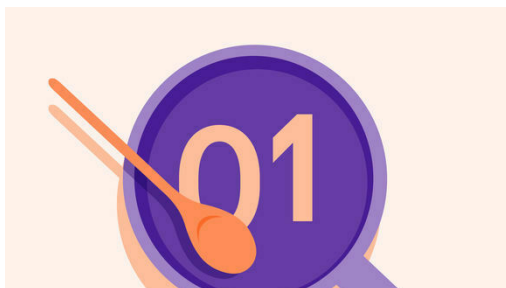
Baked goods turn out best with extra love and care, so measure out the ingredients with kitchen scales or measuring cups in each step.

## ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17).  
May contain traces of other allergens.

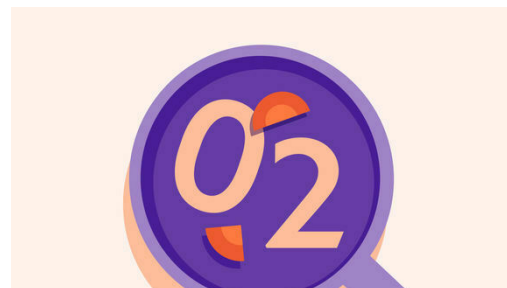
## NUTRITION PER SERVING

Energy 175kcal, Fat 11.8g, Carbs 12.3g,  
Proteins 5.0g



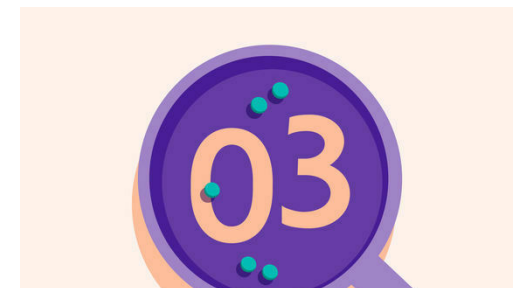
### 1. Prep ingredients

Remove the butter, eggs and milk from the fridge to come to room temperature. Preheat the oven to 180C. Coarsely chop **100g butter** and put in a large bowl to soften. Peel the **pumpkin** and cut into 1cm chunks. Finely grate the **parmesan**. Line a 12-hole muffin pan with paper cases.



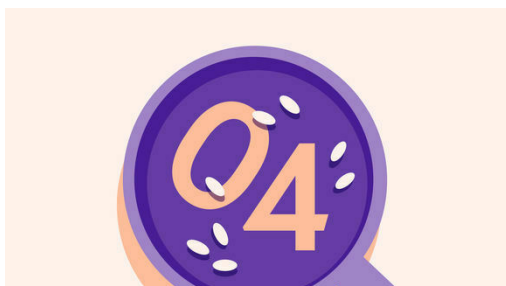
### 2. Cook pumpkin

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **pumpkin**, stirring, for 3 mins or until golden. Reduce the heat to low, add **1 tbs water**, then cover and cook for a further 10-12 mins until the pumpkin is tender and the moisture has evaporated (see Kitchen 101). Remove the pan from the heat. Transfer the pumpkin to a large bowl and mash until smooth.



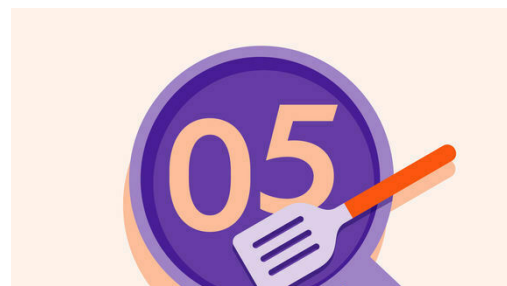
### 3. Combine dry ingredients

Meanwhile, put the **country seasoning**, **150g (1 cup) plain flour\*** and **2 tsp baking powder** in a bowl and whisk until combined (there's no need to sift the flour, as whisking everything together will remove any lumps).



### 4. Make batter

Whisk the **softened butter** until smooth. Gradually whisk in **2 tbs milk**, then add **2 eggs**, one at a time, whisking after each addition. Stir in the **flour mixture** until just combined. Fold in the **pumpkin** and **half the parmesan**. Divide the **batter** evenly among the muffin holes, then scatter over the **remaining parmesan** and the **pepitas**.



### 5. Bake muffins

Bake for 15-20 mins until golden and a skewer inserted into the centre comes out clean. Cool in the pan for 5 mins, then transfer to a wire rack. Enjoy the **muffins** warm or at room temperature. **Makes 12 muffins (1 per serve)**.



### 6. Kitchen 101

Evaporating all the moisture ensures that the muffins will be light and fluffy instead of dense.